

## Bids on Park Work Opened Diabetes Detection Center Set For Torrance Friday, Nov. 16

Ten bids for ground development at Harbor City Park, 1301 Lomita Blvd., has been opened by the Los Angeles City Recreation and Parks Commission's secretary.

The bids were:  
 Wonderly Construction Co., Long Beach, \$131,888; Valley Crest Landscape, Van Nuys, \$134,000; T. J. Robert Co., Inc., Long Beach, \$137,000; Moulder Brothers, Glendale, \$137,350;

Lupe DeAnda, Los Angeles, \$143,870;  
 McKittrick Construction Co., Huntington Park, \$148,294; Geisler Construction, Inc., Los Angeles, \$149,300; Irving C. Hoffman, Los Angeles, and R & M Landscaping Co., Long Beach, Joint Venture, \$153,958; Kawai Brothers Landscape, Van Nuys, \$163,130; and Carter-Mack Builders, Inc., Harbor City, \$166,831.

**K. H. SUTHERLAND, M.D., County Health Officer**

For the fifteenth consecutive year the American Diabetes Assn., with its local affiliated organizations, will conduct a Diabetes Detection Week throughout the United States from Nov. 11 to 17. Surveys

have revealed that for every known case of diabetes mellitus, simply called diabetes, another exists undiscovered.

The goal of the campaign, therefore, is to find these unknown diabetics so that they may obtain medical supervision and thus avoid serious disability or premature death. A local clinic will be held from 9 a.m. to 2 p.m. Friday, Nov. 16, at the Torrance Health Center, 2300 Carson St.

Studies show that the number of cases of diabetes in the nation has been increasing over the past decade. This may be explained in part by the fact that more persons are now living to ages when they are more likely to develop the disease.

**OTHER FACTORS** contributing to the growing reservoir of diabetics are the problem of obesity and the success of modern treatment during pregnancy which is increasing the number of persons in the population who have inherited the predisposition for diabetes.

Nearly three million people in this country now have diabetes and about half of them are unaware of it. Moreover, health officials state that around 140,000 new cases of diabetes are found each year. These persons are usually older, fatter, somewhat more likely to be women and more frequently relatives of diabetics than is true of the general population. Practically anybody, from children to adults, may develop diabetes, but susceptibility seems to increase with age.

**DIABETES IS A** condition which develops when the body is unable to convert the food that is consumed, particularly sugars and starches, into energy because of varying degrees of insulin insufficiency. This occurs when the pancre-

atic gland, which secretes insulin, fails to function normally.

The disease is one of the easiest of all chronic diseases to detect, although in some cases, particularly in elderly adults, the only warning may be an easily induced fatigue. In others there may not be any warning signs at all. In general, however, the usual symptoms include an increase in thirst, frequent urination, constant hunger, and loss of weight and strength.

**WHILE IT IS** not yet possible to prevent or cure diabetes it can be controlled by diet, modified exercise, and, if necessary, by the use of insulin injections. In mild cases control may be accomplished by diet alone, or by diet and a medication that is taken by mouth. If the condition is allowed to progress without treatment, serious complications including blindness, heart disease, and kidney disorders may occur.

But in order to control the progress of diabetes, it must first be detected and treated, and, in the local program to find as many of the approximately 54,000 unknown diabetics in Los Angeles County as possible, diabetes urine tests will be offered free of charge by the Diabetes Assn. of Southern California at more than sixty detection clinics scattered throughout Los Angeles County from Nov. 13 through Nov. 16. Locations and hours may be obtained from the association at 2007 Wilshire Blvd., Los Angeles 17 (HUBbard 3-3740 or HUBbard 3-0666).

**IN ADDITION,** the association, upon request, is distributing Drey-pak diabetes detection kits, which may be used by individuals at home for the purpose of detecting the disease. Instructions for use are enclosed with the kit.

Though the presence of sugar in the urine does not necessarily mean that the individual has diabetes, in all cases where it is found the patient is advised to go to his doctor for additional tests so that further screening may be done. Should the diagnosis of diabetes be made, the patient should then remain under medical supervision. Those individuals who receive early and continued medical care may expect to live a full and productive life. Others will not be so fortunate.

### Art Show To Be at Library

During November, a one-man art show of oil paintings by Arthur Hopkins, Torrance school teacher, will be displayed at the Torrance Library and the West Branch.

Hopkins has recently returned to Torrance from a year's study tour in Mexico and Central America, where his major activities were painting and sculpting. His recent travels took him to remote areas of Mexico in search of primitive and ancient Mexican art. He visited the ancient Mayan ruins in Guatemala to gather lecture material for his classes.

**WHILE IN Mexico,** his paintings were on exhibit in Guadalajara and San Miguel de Allende. His painting, "El Subteraneo," was accepted to the all-Mexico competition, judged by Refino Tamayo.

During October, Hopkins' oil paintings were shown at the Pacific Coast Club in Long Beach. Simultaneously to the show at the Pacific Coast Club, Hanover College in Indiana presented a one-man show of his graphic art work. Hopkins is teaching drawing and painting classes at the new West High School and also for the Torrance Adult Evening School.



**REALTY OFFICERS . . .** New officers for the women's division of the Torrance-Lomita Board of Realtors discuss plans for their installation dinner and dance Dec. 13 at the Realty Hall, 22833 Arlington Ave. Shown, left to right, are Doris Lippard, president; Edna Binder, vice president; Beulah Schmidt, treasurer, and Norine Burgess, publicity. Hazel Colsch, not shown, is secretary. (Herald Photo)

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